

Lunchtime Pilates

At Thomas G. Crowder Woodland Center

Come join us during your lunch break for Pilates.

Would you like to stand taller, stronger, more poised and confident? Come join us during your lunch hour for 45 minutes of breath and movement to stretch and strengthen the abs, back, hips and shoulders. Pilates will help lengthen and tone your whole body while minimizing stress and relaxing the body. You will be ready to take on your week!

Dates: Fridays

#215580	January 5 - 26
#215581	February 9 - March 2
#215582	March 16 - April 6
#215583	April 20 - May 11

Time: 12PM - 12:45 PM

Ages: 16+

Cost: \$40 Residents, \$65 Non-Residents

Instructor: Alicia Hedges



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

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